

**Ellington Senior Center Calendar
October 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
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Note: Schedule subject to change without prior notice			EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Lunch & Learn “Anxiety, Signs and Symptoms” 1pm	EMAT APPTS Mahjongg 10:00am Pinochle 6:00pm Dress Rehearsal Variety Show 5pm SAT – 10/3/09 Setback @ 7:00 p.m. SUN – 10/4/09 – Variety Revue Show (2:30 pm)
5	6	7	8	9
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (Beg) 10:30am Tai Chi (Adv) 11:30am Mahjongg 1:00pm Platform Presentation Mr. Leo Miller 2:00pm CVS/Walgreen’s/Shaw’s	EMAT APPTS Bridge 9:00am Dominos 1:00pm Setback 7:00pm Geissler’s/Big Y	EMAT APPTS HVCC Transit Podiatry Clinic 9:00am Shuffleboard 2:00pm Price Chopper	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm Thanksgiving Volunteers Meeting 3:00 p.m.	EMAT APPTS Mahjongg 10:00am Pinochle 6:00pm Memory Loss Program 10:00 am (Main Room- Senior Center) SAT – 10/10/09 Setback @ 7:00 p.m.
12	13	14	15	16
Senior Center Closed in Observance of Columbus Day	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screen 1:30pm Bienvenue Club 1:30pm Setback 7:00pm Out To Lunch Georgina’s Restaurant 1:00 p.m.	EMAT APPTS HVCC Transit Shuffleboard 2:00pm SpareTime Bowling 12:30pm	EMAT APPTS Sew & So/Craft 9:30am Canasta 1:00pm Memory & Creative Writing 1:30pm Oktoberfest Trip 8:00 a.m. Fall Prevention Program 2:00 p.m. Geissler’s/Big Y	EMAT APPTS Mahjongg 10:00am Parkinson Support Group 10:00am Pinochle 6:00pm SAT – 10/17/09 Setback @ 7:00 p.m.

		Price Chopper/Shaw's		
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19	20	21	22	23
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (Beg) 10:30am Tai Chi (Adv) 11:30am Mahjongg 1:00pm EMT Pizza Party 2:00pm CVS/Walgreen's/Shaw's	EMAT APPTS Bridge 9:00am Disability Round Table Meeting 1:00 pm Setback 7:00pm	EMAT APPTS HVCC Transit Shuffle Board 2:00pm CT Science Museum	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm Price Chopper	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Dance 2:30pm Pinochle 6:00pm SAT – 10/24/09 Setback @ 7:00 p.m.
26	27	28	29	30
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (Beg) 10:30am Tai Chi (Adv) 11:30am Mahjongg 1:00pm Line Dancing 1:30pm Musical Insights 6:00pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Big Y/Wal-Mart – E. Windsor	EMAT APPTS HVCC Transit Ellington Singers 10:00am Shuffleboard 2:00pm Price Chopper	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm SAT – 10/31/09 Setback @ 7:00 p.m.	EMAT APPTS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Dance 2:30pm Pinochle 6:00pm SAT – 10/31/09 Setback @ 7:00 p.m.
Upcoming Activities		Monthly Features		Reminders
Flu Clinic – 11/3/09 Ellington Middle School (9-11am) Holiday Bazaar – 11/7/09-Senior Center (9am-2pm) Thanksgiving Dinner – 11/19/09 (12:00pm) <u>Trips</u> Queen Mary 2 – 11/30/09 Tropicana – Atlantic City – 1/19/09 – 1/21/09 <u>Evenings</u> Cards: Setback – Tuesday & Saturdays 7:00 p.m. Pinochle – Friday at 6:00 p.m.		Ballroom/Polka Social – Friday, Ballroom(1pm); Polka (2:30pm) Better Age Club – Meetings 2 nd & 4 th Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 nd & 4 th Tues of the month (1:30pm) Ellington Singers – Wednesdays (10:00am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Memory & Creative Writing – 3 rd Thursday of month (1:30pm) Musical Insights – 2 nd & 4 th Monday of the Month (6:00pm) Podiatry Clinic – First Wednesday of month (9:00am)		Transportation Line: 870-3137 Hours: 9:00 a.m. – 1:00 p.m. All Information for the upcoming newsletter needs

	Sew & So/Crafts – Thursdays (9:30am) Shuffleboard – Wednesdays (2:00pm) Tai-Chi – Mondays 10:30am (beg); 11:30am (adv) Anna L. Turner MSW– Elderly Social Worker	to be into the Directors office no later than 11/6/09
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